

# KTO® Collagen DF

Dairy-free Collagen Shake with C8 & Macadamia Nut Powder



BODY COMPOSITION†



KTO® Collagen DF is a delicious dairy-free and keto-friendly powder featuring collagen peptides and monounsaturated fatty acids (MUFAs) from macadamia nut powder and medium-chain triglycerides (MCTs) from caprylic acid (C8). Each 2-scoop serving of this stevia-sweetened vanilla-flavored powder provides 16 grams of fat (7 grams from C8 and the remainder from macadamia nut powder), 14g of collagen peptides, and only 5 grams of net carbohydrates. Due to its specific fat composition, KTO® Collagen DF is uniquely designed to support ketogenic or low-carbohydrate diets while providing a convenient and portable shake that can be consumed pre- or post-workout. This powder can be added to smoothies or coffee.

MCTs consist more than 40% of the fat in KTO® Collagen DF. MCTs are special fats that are digested and absorbed differently than other fatty acids. The body readily converts MCTs into ketones, even when someone is not on a ketogenic diet. Ketones are a quick energy source that most cells and tissues in the body can use. Ketones are especially known for fueling the brain, heart, and skeletal muscles.\* Macadamia nuts contain the highest amount of total fat by weight, 80% of which are MUFAs, compared with other tree nuts.\* MUFA consumption has been shown to support cardiovascular health.\*

## Benefits\*

- Helps promote ketogenesis and nutritional ketosis
- Supports cellular energy production
- May promote mental clarity and healthy cognitive function as part of a ketogenic diet
- Supports connective tissue health

## Recommended Use

Mix 40 grams (approximately two scoops) in 8 to 10 ounces of water or as directed by your health-care practitioner.

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## Highlights

- Contains 14 grams of collagen peptides from Fortigel®, Fortibone®, and Verisol®
- Provides 7 grams of C8 MCTs
- Features monounsaturated fatty acids from macadamia nut powder
- Sweetened with PhytoSweet™ — a proprietary blend of organic Reb A stevia and Reb M steviol glycosides from *Stevia rebaudiana* leaf with no unpleasant aftertaste
- Delicious vanilla flavor
- Suitable for ketogenic or low-carbohydrate diets
- Non-GMO
- Gluten-free, dairy-free, and soy-free
- Contains no fructose, sucrose, or artificial sweeteners

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To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at [www.designsforhealth.com](http://www.designsforhealth.com).

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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